

Unit Planning for Instruction, Student Services & CEWD
Division: Health, PE and Athletics

INITIATIVE NARRATIVE
FOR 2007-08 Implementation (pending funding approval)

Each initiative should be linked to the needs identified through Section III or from the 2005-2006 unit plans. Note that each division will submit only the top initiatives, comparable to the funding you've received in past years, and divisions are empowered to use their division-approved processes for selecting top priorities. When proposing an initiative(s), use the following structure for each initiative proposed:

Division Priority: 1

Please adhere to Approved List of Divisions for prioritization.

Initiative Title: Fitness Training Program Enhancements

Definition: An initiative is a set of planned actions to produce a desired outcome. Each planned action may be a line item.

1. How is the initiative linked to your 2005-2006 unit plans or Plans for Budget Development? What program level outcomes do you expect to achieve?

The Fitness Training Program faces the ongoing challenge to remain current with fitness industry standards and emerging technology. Upon entering the job market graduates of this program are expected to have experience with new technology and to be up to date with current fitness trends and industry standards. The Bureau of Labor and Statistics lists Fitness Professionals as one of the fastest growing job markets. These program enhancements will help our students to be competitive job seekers in the fitness field. The program enhancements will also help meet this challenge by providing funding for instructional assistants, who will supervise work-based learning opportunities in on-campus Cooperative Education sites (TERP, FEC, Employee Wellness Program, and the Wellness Assessment Lab), and acquisition of technologically advanced instructional aids.

2. Describe the initiative

- *How does this initiative align with the college priorities?*

The Fitness Training Program Enhancement initiative aligns with the college priorities on multiple levels. It addresses the mission by “providing affordable, quality, lifelong educational opportunities that include: Professional technical and lower division college transfer programs, employee skill upgrading, business development and career enhancement, foundational academic, language and life skills development, and lifelong personal development and enrichment.” This initiative also supports all of the core values of the college, which are incorporated in program core classes. In addition, it is our program goal to align with college’s goals to transform students’ lives, the learning environment, and the college organization. The following are particularly evident in our program:

- *Assisting in the personal, professional, and intellectual growth of students by providing exemplary and innovative teaching and learning experiences and student support services.*
- *Creating a diverse and inclusive learning culture*

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- *Enhancing and maintaining inviting and welcoming facilities that are safe, accessible, functional, well-equipped, and aesthetically appealing*

- *What will the product, innovation, or change of this initiative be? Please be as specific as possible.*
Program students will gain instructional services and access to technology. Cooperative Education internship sites will increase supervised work-based learning opportunities. Students will also gain from strengthened academic components within program core courses, and the requested instructional aids and equipment will facilitate kinesthetic learning styles.

- *Given college resources, is it feasible? Is it an efficient use of college resources?*
Funding is requested through the Carl Perkins Grant. This initiative is not only feasible, but also practical and attainable. No additional college general fund monies will be needed to fund this project.

- *What would be the campus location of this request/project?*
The campus location is in Building 5, the Division of Health, Physical Education, and Athletics.

- *How many students (per year) will benefit? How will students benefit?*
Fifty Fitness Training Program students per year will benefit. Other Lane Community College students and employees, approximately 3500, will benefit indirectly from increased services through the Cooperative Education internship sites (FEC, TERP, Employee Wellness Program, and Wellness Assessment Lab).

3. Describe the resources needed

*Provide a brief description and \$\$ total here, in addition to including the Initiative Spreadsheet with this chapter. Please be specific about the actual equipment/resource that you need. Resources should be listed as line items and should be **prioritized by division**. The **line items** may be pulled out of separate initiatives and put in priority order.*

The Division of Health, Physical Education, and Athletics request Carl Perkins Grant funds for Fitness Training Program enhancements totaling \$56,103.28, including instructional assistants, instructional aids, and equipment.

Instructional Assistants:

Funding from the Carl Perkins Grant for part-time instructional assistants will increase learning opportunities for professional technical program students. The instructional assistants will provide valuable instructional support including individual tutoring, assistance during course-related laboratory activities, and additional supervision and training during Cooperative Education internships in TERP, FEC, and the Employee Wellness Program. These services will increase program students' technical skill and potential for employment.

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<i>Program Area</i>		<i>Cost</i>
TERP	Two Instructional Assistants, 0.35 FTE each	\$14,828.80
	OPE	\$4,893.50
FEC/Program Core Courses	Two Instructional Assistant, 0.35 FTE each	\$14,828.80
	OPE	\$4,893.50
Wellness Program/ Wellness Assessment Lab	One Instructional Assistant, 0.25	\$5,296.00
	OPE	\$1,747.68
	Total:	\$46,488.28

Funds are requested to hire four 0.35 FTE Instructional Assistants for the FEC, TERP and program core courses, and one at .25 FTE to assist in the Wellness Program and Wellness Assessment Lab. Five Program Assistants will be hired totaling 1.65 FTE rather than one 1.0 FTE position and one 0.65 FTE position due to the hours of fitness programming in the FEC, TERP, and the Employee Wellness Program (i.e. early morning, evening, and weekend hours). Costs for the instructional assistants were based on 40 weeks for each position at Grade 8, with their Step to be determined with regards to experience, including OPE at 33.0%.

Instructional Aids and Equipment:

Funding for instructional aids and equipment are requested from the Carl Perkins Grant to enhance learning opportunities in Fitness Training Program core courses to strengthen professional technical students' academic and technical skills. Funding for equipment is necessary to increase professional technical student opportunities for hands-on experience with the latest fitness technology and assessment tools, thus strengthening the academic, vocational, and technical components of the Professional Fitness Training Program. The following are listed in order of priority:

<i>Instructional Aids/Equipment</i>	<i>Description</i>	<i>Cost</i>
Floor Model and hand-held Sphygmomanometers	7 new hand-held blood pressure cuffs (4 large adult and 2 adult, 1 pediatric) and 2 floor model cuff would allow students greater access to assessment equipment. These blood pressure cuffs would be used in program courses, TERP, and in the FEC for students to practice blood pressure assessment. These new blood pressure cuffs are particularly important in our Lab Assessment course. Without these, monitoring exercising vitals is very cumbersome.	\$900
Layer Bone Model	This model will be used as an instructional aid for the "Applied Anatomy and Kinesiology" program core course, the "Injury Prevention and Management" core class, and as instructional tools for TERP internships. Program students will gain learning opportunities using these hands-on 3D models.	\$260

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<i>Instructional Aids/Equipment</i>	<i>Description</i>	<i>Cost</i>
Human Skeleton Model	This model will be used as an instructional aid for the “Applied Anatomy and Kinesiology” program core course, the “Injury Prevention and Management” core class, and as instructional tools for TERP internships. Program students will gain learning opportunities using these hands-on 3D models.	\$1600
A.D.A.M. Interactive Anatomy 4 – Instructor’s Edition Software	This software would give students access to numerous anatomical models and interactive learning tools. This software also provides instructors with media models that can be placed in lecture slides and used in presentations. This technology would enhance program core courses and would be available for students in the resource lab for class projects and review of core course material.	\$700
Weighted Vests (2)	These weighted vests would be used in program core classes, cooperative education sites, and lab exercises. Students would gain knowledge in the area of proper usage in exercise programming and testing.	\$200
Myofascial Release Balls (set)	These fitness balls would be used primarily in our Therapeutic Exercise and Rehabilitation Program. Our program students would gain knowledge pertaining to the use of this equipment, as well as its value in exercise programming in a rehabilitative setting.	\$120
Medicine Ball Set	These medicine balls would be used in program core classes, cooperative education sites, and lab exercises. Students would gain knowledge in the area of proper usage in exercise programming and testing.	\$600
Stabilizer Pressure Biofeedback Unit (25)	This unit provides feedback in order to ensure safety, quality and precision in exercise performance and testing. The Stabilizer can be used for specific muscle testing and stretching techniques, such as retraining abdominal muscle function and monitoring lumbar spine stabilization. Students would gain knowledge in the area of proper usage in exercise programming and testing.	\$2800
Sit and Reach Box	A sit and reach box is a vital flexibility assessment tool in the fitness field. This box would be used in program core classes, cooperative education sites, and lab exercises.	\$260
Agility Dots (2 sets)	Agility dots help to develop speed, agility, balance and proprioception. Our program students would gain knowledge pertaining to the use of this equipment, as well as its value in exercise programming.	\$60
Refitr	This pivoting device helps develop core strength, balance and proprioception. Our program students would gain knowledge pertaining to the use of this equipment, as well as its value in	\$180

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<i>Instructional Aids/Equipment</i>	<i>Description</i>	<i>Cost</i>
	exercise programming.	
Gymsticks (4)	This tool is being used in exercise programming for people from all walks of life: from professional athletes to senior citizens, from patients recovering from injury or surgery to young athletes wanting to build up their strength, power and flexibility. GYMSTICK is a new fitness tool which was developed to effectively train: total body fitness and is ideal for improving cardiovascular fitness, muscular strength and endurance, balance and flexibility, muscle toning, fat loss and coordination. Our program students would gain knowledge pertaining to the use of this new equipment and its use in exercise programming.	\$300
Functional integrated shoulder training DVD	This DVD would be used in our program core classes to help guide students through the rehabilitation and training process. This technology would enhance our program core courses by providing a functional model of the shoulder and its inner workings.	\$35
3D Interactive Functional Anatomy DVD-ROM (2 copies)	This DVD-Rom provides a full skeleton with content on bones, ligaments and muscles. It features interactive 3D animations that can be rotated and moved to show the function of agonist and antagonist muscles during common movements. This DVD is currently being used in our "Anatomy and Kinesiology" core course. These 2 copies would be placed in our student resource library for student use outside of class.	\$300
Cholestik Refill Cassettes	These cassettes are used with our Cholestik cholesterol testing machine. This equipment is used in our program core courses and in cooperative education sites.	\$850
Body Gem Mouth piece Refills	These mouth pieces are used with our Body Gem resting metabolic rate analyzer. This equipment is used in our program core courses and in cooperative education sites.	\$300
Teaching Stethoscopes	Teaching stethoscopes would allow for improved observation of students while learning to assess blood pressure in core classes, the FEC, and in TERP. These stethoscopes feature dual headsets so that an instructor and a student can listen for pulse sounds that the same time. This would enhance the learning experience, as well as help to improve their accuracy in blood pressure assessment.	\$150
	Total:	\$9,615.00

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4. List the possible funding sources

- *Can this project be partially funded? If so, what portion could be funded at what minimum cost?*

This project can be funded with Carl Perkins Grant Funds for professional technical programs. It could be partially funded, but not all components could be implemented, thus resulting in not all student needs being fully addressed.

If the funding source is Carl Perkins:

- How does the request meet one or two of the Carl Perkins act goals?
The Fitness Training Program Enhancement initiative aligns with the Carl Perkins Goals I and IV as described below:

“Goal I: **Student Skills Gain Goal** – Improve the academic and technical skills of students participating in vocational and technical program by:

A. Strengthening the academic components of such programs to enable students to meet the institution’s academic requirements.

B. Strengthening the vocational and technical components of such programs to ensure learning in vocational and technical students.

The initiative will contribute to academic and technical skill improvement by providing instructional assistants for tutoring, training, and internship site supervision, as well as equipment and computer software technology for student learning.

“Goal IV: **Work-based Learning Goal** – Provide vocational and technical education student opportunities for work-based learning as a component of postsecondary programs.”

The initiative will improve supervised opportunities for work-based learning in the Cooperative Education on-campus internship sites in the FEC, TERP, Employee Wellness Program, and the Wellness Assessment Lab.

5. Provide ORG & PROG codes

ORG: 671243 – Professional Fitness Training Program, 671350 – Therapeutic Exercise and Rehabilitation

PROG: 150000

6. Do you have an active advisory committee that meets 2-3 times per year? What are your advisory committee plans for the coming year?

Our advisory committee is very active and consistently meets 3 times per year as a group and as needed in smaller sub-groups. In our Fall 2006 meeting we developed several new goals to work on this coming year:

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- Develop an updated evaluation tool for our Cooperative Education sites. The committee will look at improving grading criteria, improving the feedback section, and creating clear learning objectives for each co-op site. It was also suggested that each student be required to bring a list of goals to off-campus co-op sites before beginning. This would help facilitate the learning process, by providing supervisors with a clear idea of what the intern would like to learn.
- Continue to improve our Cooperative Education site list. Distribute this list early and often to students. Also, include additional instruction on how to register.
- The committee will collaborate to develop the Special Topics class for the spring term. The group discussed possibly making this a “survey” of current topics in the health and fitness arena, allowing multiple faculty members to highlight their areas of expertise. This could also be a great venue to highlight our advisory board members. The group also agreed that some sort of resume writing and interviewing strategies should be discussed.

In addition to the new goals listed above, the committee carried forward a few ongoing goals from our meetings last year:

- **Improve student participation in national and regional industry organizations and conferences.** – *8 students attended the Northwest American College of Sports Medicine conference in Corvallis, OR in February 2006 (5 scholarships were provided by board members). LCC also hosted the AFAA Primary Group Exercise Certification and had 9 students attend (100% passed the certification exam). Two students received their National Strength and Conditioning Coach certification and attended the workshop.*
- **Continue to work on improving students writing and marketing skills. Work to enhance their abilities to “sell” themselves in the job market and workplace.** - *Students are now leading mini group workouts in the FEC and are learning skills to promote themselves and their workshops. We have updated the FEC internship expectations to help facilitate this process. We have also added new components to the Fitness Management class in the spring. Students must design their own fitness facility and present their project to a group of “investors”.*
- **Develop more co-op opportunities.** – *We added 3 new co-op opportunities last year and more are in the works.*
- **Continue to work on instilling confidence in our students.**

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Division Priority: 2

Please adhere to Approved List of Divisions for prioritization.

Initiative Title: Community and Environmental Health Planning Certificate/AAS Degree

Definition: An initiative is a set of planned actions to produce a desired outcome. Each planned action may be a line item.

1. How is the initiative linked to your 2005-2006 unit plans or Plans for Budget Development? What program level outcomes do you expect to achieve?

- This was one of our initiatives last year that we did not complete.
- Outcomes would include:
 - Increased student enrollment including new students who will come to Lane to get this degree/certificate
 - Increased FTE to both this division and other divisions who classes will also be required for completion of this degree/certificate

2. Describe the initiative

- *How does this initiative align with the college priorities?*
 - Need for new students and increased FTE as well as a need for increased programs to promote the prevention/wellness component of the New Health building and also a linkage to sustainability initiatives at the state level and funding opportunities that will become available.
- *What will the product, innovation, or change of this initiative be? Please be as specific as possible.*
 - The innovation will be the combining of health promotion concepts with environmental health/sustainability training for workplaces.
- *Given college resources, is it feasible? Is it an efficient use of college resources?*
 - Yes it is inexpensive and the program classes are already here
- *What would be the campus location of this request/project?*
 - Main Campus but could be expanded later

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- *How many students (per year) will benefit? How will students benefit?*
 - 25-30 possibly with the right marketing/advertising of this as an option. Many of the students in the fitness degree program or pre-nursing or human services may also be attracted to getting this degree in addition to these other certificates/degrees.

3. Describe the resources needed

*Provide a brief description and \$\$ total here, in addition to including the Initiative Spreadsheet with this chapter. Please be specific about the actual equipment/resource that you need. Resources should be listed as line items and should be **prioritized by division**. The **line items** may be pulled out of separate initiatives and put in priority order.*

- The primary funding would be for marketing of this as a new option at Lane and could be accomplished with a \$300.00 per year budget.
- If marketing money is not available, existing department funds could be used for this purpose.

4. List the possible funding sources

- *Can this project be partially funded?*
Local Business, state budget depending on available resources toward allocated for higher ed. Programs that focus on environmental and community health (see governors new proposals on this) Grants etc..
- *If so, what portion could be funded at what minimum cost?*
The cost at this point will be minor

If the funding source is Carl Perkins:

- How does the request meet one or two of the Carl Perkins act goals?

5. Provide ORG & PROG codes

671100 111000

6. Do you have an active advisory committee that meets 2-3 times per year? What are your advisory committee plans for the coming year?

We are currently developing this and we would meet monthly until the program gets off the ground and then 2-3 times per year to evaluate how things are going what might need to be changed or added, etc.

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Division Priority: 3

Please adhere to Approved List of Divisions for prioritization.

Initiative Title: Facility upgrades

Definition: An initiative is a set of planned actions to produce a desired outcome. Each planned action may be a line item.

1. How is the initiative linked to your 2005-2006 unit plans or Plans for Budget Development? What program level outcomes do you expect to achieve?

Athletic and Physical Education programs are in need of significant facilities upgrades in order to provide the best opportunity available to the students and to the community. The facility upgrades would provide improved instructional and practice areas for the division and provide a revenue source for the college through year round rentals of fields and areas for camps, leagues, and tournaments.

2. Describe the initiative

- *How does this initiative align with the college priorities?*
These facility upgrades would be in alignment with the following college priorities:
 - Increase credit enrollment (use of fields for summer classes, seminars during term breaks, additional instructional areas for added sections).
 - Respond to HPEA unit plan, curriculum development and “enhanced” classrooms
 - External Revenue generation through field rental (e.g. Olympic Trials, youth soccer, etc.)
- *What will the product, innovation, or change of this initiative is? Please be as specific as possible.*
The renting of athletic facilities would be a way that the athletic department and/or the college could generate additional revenue. In order to do this however, all fields and the track would need major work done in order for them to be ready for additional usage. The Track would need to be re-done including the base, runways, and a quality resurfacing. The fields would need to have continual care and maintenance in order to keep them in good enough shape to be rented, yet be

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ready for fall classes as well as intercollegiate competition. The installation of an all weather turf field could minimize the maintenance issues.

- *Given college resources, is it feasible? Is it an efficient use of college resources?*
In terms of the potential for revenue generation, this is a very feasible initiative – however, it is unlikely that resources will be available in this budget cycle.
However, this initiative should be included in bond planning as part of the overall renovation package.
- *What would be the campus location of this request/project?*
The location would be the fields located on the north side of the campus. The actual location and use of the fields would be in done in collaboration with facilities.
- *How many students (per year) will benefit? How will students benefit?*
The use of the fields in the summer could be used by several hundred community members as well as students. They would all benefit with the opportunity to have another location in the community to use and be active.

3. Describe the resources needed

*Provide a brief description and \$\$ total here, in addition to including the Initiative Spreadsheet with this chapter. Please be specific about the actual equipment/resource that you need. Resources should be listed as line items and should be **prioritized by division**. The **line items** may be pulled out of separate initiatives and put in priority order.*

Total cost of track resurfacing, the creation of a covered, multi use outdoor instruction space and turf field(s) would be \$200,000 - \$500,000+.

4. List the possible funding sources

- *Can this project be partially funded?*
Yes
- *If so, what portion could be funded at what minimum cost?*
The various projects could be brought on in stages, e.g. the track resurfacing is the most pressing need. The covered instructional area could be part of the re-location of the tennis courts when the wellness building is built, and the turf field could be partially funded through department set-asides and summer field rental revenue.

The cost of the additional working hours would need to be determined by Human Resources, and the maintenance cost would need to be determined by facilities.

If the funding source is Carl Perkins:

- How does the request meet one or two of the Carl Perkins act goals?

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5. Provide ORG & PROG codes

671001 111000

678002 31000

6. Do you have an active advisory committee that meets 2-3 times per year? What are your advisory committee plans for the coming year?

Athletics has an advisory committee that meets once per term. The latest plans are to help determine what events we could host that would be financially beneficial to the program.